

Baked Pinto Beans and Onions

Baked pinto beans and onions have a thick, rich flavor that echoes with memories of the past. The perfect recipe to pour over top of gluten free cornbread. Pintos, onions, and cornbread will sooth a sore throat and bring comfort on a chilly winter's evening. Pinto beans can be cooked from a hard shelled bag. This process takes most of a day. Cook a bag, bake a meal's worth, and then freeze the boiled beans. In fact, baked pintos and cornbread can be prepared at any time of year, frozen in individual servings, and ready to cook when needed.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Ham
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Ham
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon
- Pan: 2 quart oven safe pan with lid

Ingredients:**Meat:****Optional:**

1/2 cup of chopped bacon, or
1/2 cup of chopped ham

Vegetables:

1/2 cup of chopped onion
15 ounces of pinto beans

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:**1. Chop:**

1/2 cup of onion

Optional:

1/2 cup of bacon, or
1/2 cup of ham

2. Add to 2 quart oven safe pan:

1 tablespoon of butter
1/2 cup of chopped onion
15 ounces of pinto beans
Dash of salt
Spices, such as pepper, to taste

Optional:

1/2 cup of bacon, or
1/2 cup of ham

4. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.